

ISSUE 28 SPRING 2019

SIDEBYSIDE

Newsletter for friends and supporters of our three hospices, Fair Havens, The J's and Little Havens

**CELEB SUPPORT
FOR HAVENS
HOSPICES**

PAGE

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**EVERY STORY
MAKING EVERY
DAY COUNT**

havenshospices.org.uk

Havens
Hospices

Havens Hospices includes Fair Havens, Little Havens and The J's
Registered Charity Number 1022119

WELCOME

The countdown is now on to complete the new Fair Havens Hospice, after building work finally got underway.

The first dig took place at the site in Prittlewell in October 2018.

Alongside the Lord Lieutenant of Essex, Jenny Tolhurst, Sophie Gander and her daughter Hattie had the honour of turning the 'sod' in memory of Pauline Gander, Sophie's Mum who died at Fair Havens in 2013.

Since the first dig a lot has happened. The foundations have been dug and the steel framework has been positioned.

Over the coming months, the walls and roof will be constructed and then work will commence on making the inside a modern, bright hospice environment. The work is being carried out by Barnes Construction.

The new Fair Havens will open in 2020 and care for twice as many patients as the current hospice can, thanks to more bedrooms, a larger Day Hospice and new 'Wellbeing Centre.'

There is still around £900,000 to raise to help furnish and landscape the hospice.

**To find out more please visit:
fairhavensforlife.co.uk**



WHAT GOES INTO THE BUILD?



300m³
concrete in the foundations.

94,680

1580m² of brickwork, approximately 94k bricks.



78

from **10** to **16**

tonnes for structural steel frame.

The new build will have 16 in-patient bedrooms.



145

the number of Velfac external windows and doors.



60

rolls of wallpaper.

650m²
of carpet flooring.



1850m²
of permeable paving.



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KEEP IN TOUCH

ADDRESSES

Fair Havens, Stuart House, 47 Second Avenue, Westcliff, Essex, SS0 8HX

Little Havens, Daws Heath Road, Thundersley, Essex, SS7 2LH

The J's, 119 Newland Street, Witham, Essex, CM8 1BE

PHONE

Fair Havens - 01702 220 350

Little Havens - 01702 556 645

The J's - 01245 475 474

EMAIL

Havens - info@havenshospices.org.uk

The J's - info@thejshospice.org.uk

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[youtube.com/HavensHospices](https://www.youtube.com/HavensHospices)

THE PATRONS OF HAVENS HOSPICES

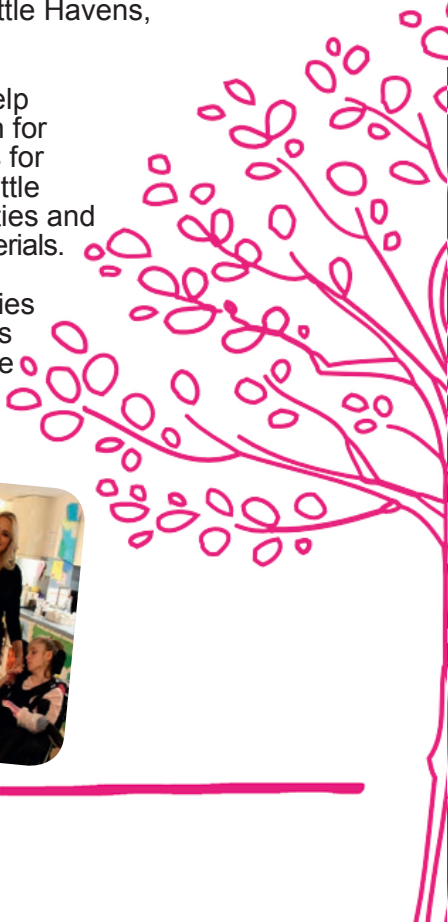
Here at Havens Hospices, we're very lucky to have the support of Heart Essex's Su Harrison and EastEnders star Rudolph Walker through their work as Havens Hospices' Patrons.

Su volunteers with the charity at several events including supporting our London Marathon team at their monthly training runs and being MC at our annual festive event Run Santa Run. Rudolph often visits both of our hospices, Fair Havens and Little Havens. His visits prove very popular with patients, families and staff members alike. Rudolph has also shown his support at a variety of fundraising events for the new Fair Havens Hospice.

This year we're very excited to announce footballing legend Peter Shilton, Hollyoaks actress Sophie Austin and local singer Arianna Morgan have also joined us as Patrons for Little Havens, each showing their support in their own way.

Arianna, who is from Benfleet, is hoping to help fundraise for the hospice through her passion for music and has planned a number of concerts for 2019. Peter has joined staff and families at Little Havens several times to help with craft activities and to donate toys, presents and fundraising materials.

Sophie has visited families at Little Havens and has also held events to raise vital funds including a charity concert where



she was joined by her partner, Coronation Street's Shayne Ward.

Lauren Summers, Deputy Sister at Little Havens, said, "We can only exist because of the support of the community so to have the support of public figures like Peter, Sophie and Arianna is amazing.

"On behalf of everyone who works for Little Havens and the families that use our services, I would like to thank them all for their support and patronage – we all look forward to seeing them here again soon."



WE RECEIVE TREES THANKS TO QUEEN'S INITIATIVE

In November we received five saplings as part of the Queen's Commonwealth Canopy project.

Staff from the Southend branch of Sainsbury's nominated Havens Hospices to receive the

trees which have been planted at Little Havens but will eventually make their home at new Fair Havens in Prittlewell.



The Queen's Commonwealth Canopy Project is a network of forest conservation initiatives to mark Her Majesty's lifetime of service to the Commonwealth.

queenscommonwealthcanopy.org

MEET THE TEAM

“ WE FOCUS ON PATIENT CHOICE.”

Lucie Cole is the Wellbeing and Complementary Therapy Co-Ordinator for Havens Hospices.

What does your role entail?

I co-ordinate the Wellbeing Services across Havens Hospices, including Complementary Therapy, Creative Therapy and Relaxation. We also have a Physiotherapist and Wellbeing Assistants, managed by the Head of Adult services. Day Hospice has a Clinical Nurse Specialist and staff nurses and we all work closely as a team. We focus on patient choice and we create lots of different services that are available to patients and their families.

What benefits have you seen by focusing on wellbeing?

Wellbeing is different to everybody. It's about identifying what matters to that person. For example, we had a patient who came with his wife. She had counselling and massages. He wouldn't even come in to Day Hospice, he'd sit and wait for her in the car!

Eventually he started coming in for a coffee while he waited for her. When he died I felt like we didn't do anything for him, but actually what was important to him was that his wife was cared for and looked after. Providing these activities can



support our patients' and families' physiological and psychological wellbeing.

What does Wellbeing mean to you?

Having people around that care for me. Doing a job where I feel like I'm making a difference, going to church, family and friends, my animals and my home. And food and water – you can't live without those!



How do you relax and switch off?

Walking my dog Nara in the woods, horse riding and running. I'd like to do at least one marathon in my lifetime.

What's your favourite holiday destination?

Australia. I have family just outside of Sydney and I'd love to go back and take my family there now that my children are a bit older.



WELLBEING AT THE J'S



The Wellbeing Team at The J's offers a holistic approach; caring for a person's wellbeing through a variety of different therapies and activities.

The Team is led by Counsellor Amanda Pelham.

She explains: "As we're a hospice, we provide end of life care, but The J's Hospice is more about living, because our patients are out there living their lives, in their own homes, within the community.

"When families contact The J's, our Wellbeing Services really help them to cope. As well as caring for our young adults, we also provide treatments for their parents and carers as they are often physically and emotionally exhausted.

"The therapists go into the community delivering massage, aromatherapy and reflexology to patients and family members.

These complementary therapies are beneficial in helping with issues such as relaxation, sleeping difficulties and pain relief. Music therapy supports communication and also encourages self expression.

"Counselling and bereavement services provide support in dealing with such issues as low self-esteem, anxiety, depression and loss. They also provide a safe space to talk.

"Living with a life-limiting condition can be very isolating so we provide regular opportunities for our young adults to socialise together. Our 'Inspire!' social group is very popular and so are the 'J's Days' trips that we organise.

"I've been with The J's Hospice since the start. It's rewarding being part of a team that makes such a difference to our patients - helping them live their lives to the full."

Amanda



Death and dying can be a hard subject to talk about no matter what age you are. Across Havens Hospices we work with patients, families and their loved ones to try and help them to die well. What does 'Dying Well' mean?

For Fair Havens it is having honest conversations that allow the care team to help their patient die well.

Louise Hatchard, Fair Havens Advanced Nurse Practitioner, says, "Some people prefer to live in complete ignorance. We have to respect that. Other patients do want to know; the uncertainty is the difficult thing for many. We often get asked 'Am I going to die today?' The honest answer to that is we don't know.

"But then we're able to talk about how poorly they are and explore their thoughts and feelings. Our cues always come from the patient. You have one chance to get this right for them. You need to give them the chance to say things

or do things they need to do and if you don't have these open conversations then you never know."

For young adults who access The J's Hospice, dying well can mean achieving or reaching a goal. Caroline Hare, The J's Clinical Team Leader, explains, "We encourage our young adults to think about what they would like at the end of their life. If they would prefer to be in hospital or they'd like to die at home, we will support them and ensure other professionals know their decisions so we're all working towards achieving those goals for them. They may have 'bucket lists', they might want to go to the beach or see a particular film before they die. We really try to facilitate

those things, not just in their healthcare, but also in terms of what they've achieved as young adults in their shortened lives."

Little Havens takes a different approach when tackling death and dying, using play and creative therapy to help not just the child they're caring for, but all children affected by life-limiting illnesses. Allison Mullins, Children and Youth Worker, works closely with the charity's support groups for children aged five to 16 who have a relative being cared for by the charity.

She added, "You can't pressure a child to talk to you, you have to let them come to you. Whenever we hold our groups we always start by letting them all know they are in a safe space and we are there to listen if they want to talk to us

about their special person. We then start a craft activity and often find the children will start talking to each other about why they come to the group and their relative. This then lets us start a dialogue." Alison suggests making a memory box or a sand jar with children to help them have a good experience of death and dying, because it helps them process it and also helps them talk about how it makes them feel. These can be made with their loved one as well.

If you want to find out more about how to have open and honest conversations about death and dying, we'll be sharing more resources and advice throughout Dying Matters Week, which starts 13th May 2019.



LEAVING A LEGACY

Making a Will is a taboo subject for many people. Some think they're too young, they don't have the time, or they don't have enough assets to warrant making a Will. However, making a Will is one of the most important things you can do to protect your loved ones.

Havens Hospices Legacy Officer, Sarah Seiffert, says, "By making a Will you will save your loved ones the stress and heartache of dealing with Intestacy Proceedings. You decide who will inherit your assets."

Making your wishes clear in a Will means your Executor can easily identify who you wish to benefit. "We understand your loved ones come first, but if you are able to leave a legacy to Havens Hospices of any amount, you can be sure your legacy will be 'Making every day count' for those we care for."



For more information and FAQ's about Wills, please visit our website.

SUPERSTARS

Local superstar, James Jewell aged nine, and his sister Faith hold a family fun day for Little Havens every year!



WOW!

MAYOR OF WITHAM

Thank you to Councillor Tom Pleasance, Mayor of Witham, for choosing to support The J's Hospice since July 2018. Councillor Pleasance and his wife Jenny have raised vital funds and awareness through hosting events and volunteering. He has even helped at one of our Inspire! groups.



200 MILES IN 10 DAYS!

In September and October 2018, Mark and Lucas walked over 200 miles in 10 days from Prague to Berlin raising an incredible £1,500 for Little Havens Hospice.



HAVENS HEROES!

Congratulations to Havens Hospices Helping Hands for being awarded the Institute of Fundraising's Volunteer of the Year award for East Anglia! Set up in 2016, they have raised over £60k for Havens Hospices! They have now set a target of £57k for a Complementary Therapy Room for the new Fair Havens. You truly are Havens Heroes, thank you!

FESTIVAL FUN

We held a very successful event at Priory Park in September 2018, raising awareness and over £3,000 for the new Fair Havens build.



EVEREST

Two 'Team Havens' groups trekked Everest Base Camp in November 2018. Ann French, Sarah Barnicoat and Tracy Hunt raised over £8,400 for new Fair Havens. Duncan and Debbie Whitehead raised over £2,300 for Little Havens in memory of their niece Elena Evenden.



Essex Sabres American Football Team have raised over £2,000 for Little Havens!



MAYA'S CHARITY BALL

Thank you to Gloria, her family and school friends for organising a 70s and 80s Charity Ball. The event was in memory of Gloria's daughter Maya who was cared for by Little Havens and sadly died aged five in March 2017.

Everyone dressed up, ready to boogie the night away after enjoying a three-course meal raising over £1,000 for Little Havens. Gloria said, "Little Havens helped us with emotional and practical support for the whole family, allowing us a caring and nurturing environment during Maya's last few weeks of life." Thank you for choosing such a lovely way to remember Maya and helping us to continue 'Making every day count'.



BOOST YOUR CV!

Last year our Young Ambassadors Project (YAP) turned 10 years old. Now we've revamped the project to offer a greater variety of roles as we ask those aged 16 - 18 across Essex to find out where their 'YAP Year' will take them.

We are now offering volunteering opportunities in other areas of the charity; giving more young people a chance to gain skills and work experience in an industry or career of interest to them. These roles include HR and Volunteer Services, Fundraising, Marketing, Retail and Trading; as well as more

practical roles like Maintenance which could include working with electrics and carpentry.

Two of our current Young Ambassadors, Grace and Ollie, took part in a film talking about their 'YAP Year' which you can view on our YouTube channel.



Applications have now closed for YAP 2019. Applications for 2020 open in September 2019.

HAVE A SPARE HOUR?

We have now launched our Occasional Volunteers program, giving everyone the opportunity to volunteer if they would like to. The benefits of volunteering range from enhancing your CV to making new friends and feeling like you are part of your community. Occasional Volunteering offers you greater flexibility and doesn't involve a long-term, regular commitment – instead you're able to volunteer as and when you can. **Please contact us if you are interested in helping at these events:**

DINO TRAIL WALK

Sunday
14th
April

at Little Havens
Daws Heath Rd
Thundersley
Essex
SS7 2LH



FAMILY FUN DAY

Sunday
23rd
June

at Little Havens
Daws Heath Rd
Thundersley
Essex
SS7 2LH



FAMILY FUN FESTIVAL

Sunday
15th
Sept

at Priory Park
Victoria Avenue
Southend
Essex
SS2 6ND



KATE & ROBERT'S STORY

**“THE J’S
GIVE MY SON
A BETTER
QUALITY OF
LIFE .”**

“My name is Kate and The J’s look after my son, Robert, who has White Matter Brain Disease. It is a degenerative condition that affects all of his muscles so he cannot walk by himself and he now has to have feeding tubes so he’s very life-limited.

“Before The J’s Hospice came along, we struggled. It was hard to take him out and get him doing things because we couldn’t get him in and out of the car.

“Since we were referred to The J’s, it has made our lives so, so much easier. Our J’s Nurse and the Healthcare Assistants are all lovely and Robert likes to be with them because they are really caring.



“The Healthcare Assistants pick him up in their wheelchair-friendly vehicle and take him out to social events. They go to our local YMCA to play bocchia which is a type of indoor bowls which he really enjoys or they go to the pictures and he comes back so, so happy. It makes such a difference to Robert as we can’t get him out on our own and they’re very discrete and dignified.

“When he’s not well and he’s in bed, they’re really good too. They sit with him and always talk to him and that’s what I like – they talk to Robert, they don’t talk around him.

“They’re also very caring of the family. Our J’s Nurse phones us to check we’re okay and to see if there’s anything we want done.

“I think The J’s Hospice is a fantastic charity as they do so much for us and support us really, really well. They give my son a better quality of life and I cannot thank them enough.”

MARY'S STORY

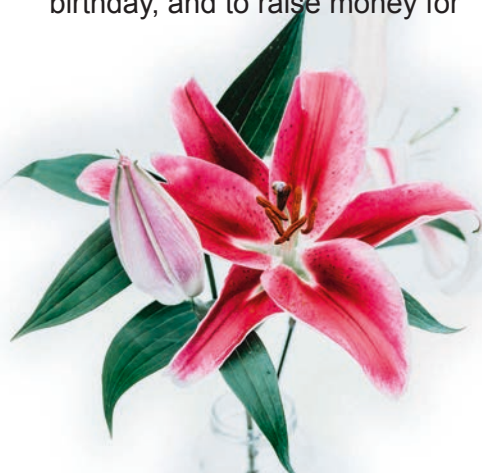
Mary, 54, was diagnosed with oesophageal cancer in April 2010. By then it had already spread to her liver and bones and she was given 12 months to live. In June 2012 she was admitted to Fair Havens Hospice where she died on 9th July 2012.

Hannah, Mary's daughter, says, "The Care Team at Fair Havens always explained really clearly to us about Mum's condition, her medication and what to expect.

"Everything was focused on dignity and comfort – this was the most important thing to us. We were involved in every decision. Her pain was dealt with quickly and this was so important – we never wanted Mum to suffer.

"Even after she died, they let us spend time with Mum and to help get her ready. We picked lilies from the garden, which were her favourite, and placed it next to her."

In November 2018, to celebrate what would have been Mary's 60th birthday, and to raise money for



Mary with Nurses Fiona and Anna who now both work at Fair Havens.



Lydia and Hannah with their dad, Paul.

the new Fair Havens Hospice, Hannah and her older sister Lydia organised a Dinner, Drinks and Dance event which raised more than £8,000. Auction prizes included a bungee jump and signed Beatles memorabilia from Sir Paul McCartney.

Lydia says, "Before Mum became ill, we remember Mum talking fondly about Fair Havens when they announced they needed a bigger hospice to care for more people. We had a really positive experience at Fair Havens and we feel fortunate that Mum managed to get a bed. But to think about those 11 patients every month who can't get a bed because there isn't room is heart-breaking. This is why a new Fair Havens is so important.

"We had such a wonderful evening surrounded by everyone our Mum loved most. It was the perfect way to celebrate her birthday but also supporting a cause she cared so much about."

DATES FOR YOUR DIARY 2019

CANVEY CHALLENGE

4th - 18th May

Canvey Island, Essex

PEDAL FOR THE J'S

Sunday 5th May

Admiral's Park, Chelmsford Essex

SIGN UP NOW!

THE GREATEST SHOWMAN BALL

Saturday 11th May

Cliffs Pavilion, Southend, Essex

PLAY ON THE PITCH

Thursday 16th May

Roots Hall, Southend, Essex

CLAY PIGEON SHOOT

Tuesday 4th June

The Fennes, Braintree, Essex



SOUTHEND HALF MARATHON

Sunday 9th June

Southend, Essex

SIGN UP NOW!

RACE FOR BUSINESS

Wednesday 12th June

Chelmsford, Essex

SIGN UP NOW!

ASCOT WITH A TWIST

Friday 21st June

Orsett Hall, Thurrock, Essex

FAMILY FUN DAY

Sunday 23rd June

Little Havens, Thundersley, SS2 7LH, Essex

LITTLE HAVENS & THE J'S BALL

Saturday 6th July

Pontlands Park, Chelmsford Essex

BOOK NOW!

FAMILY FUN FESTIVAL

Sunday 15th September

Priory Park, Southend, Essex

JOIN THE TEAM!

We always need volunteers to help at our events.

If you can spare a couple of hours please call 01702 220 305, email us at fradmin@havenshospices.org.uk or message us on social media.



For more information on any of these events please visit havenshospices.org.uk/events

All information is correct at the time of going to press. Every effort has been made to ensure the accuracy within this publication. It only costs around £0.13 to send a copy of Side by Side. RCN 1022119.

Our joint magazine enables us to reduce our costs and direct money where it is needed most; to the care of our patients. We don't wish to interfere in your support of other adults hospices in the Little Havens catchment areas.

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**ISSUE 28
SPRING 2019**

CYCLE 15 | 35 | 50 MILES
SUNDAY 5TH MAY 2019
ADMIRALS PARK, CHELMSFORD

PEDAL FOR THE J'S

Sign up NOW at
havenshospices.org.uk/pedal
or call 01245 475474



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**EVERY PEDAL
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